



Veal Stock



Gluten Free



Dairy Free

READY IN



480 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound beef scraps lean
- ☐ 2 tablespoons canola oil
- ☐ 2 medium carrots washed peeled chopped
- ☐ 2 stalks celery washed and chopped
- ☐ 2 onions with the skin-on peeled sliced cut in 1/2
- ☐ 4 sprigs thyme leaves fresh black
- ☐ 6 pounds veal "knuckle" bones

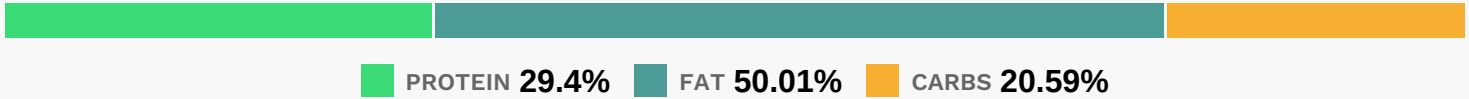
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ cheesecloth

Directions

- ☐ A stock is something I make first thing when I have a day of cooking.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Arrange the veal bones and scraps in a single layer on 2 or 3 baking sheets lined with foil.
- ☐ Put the trays in the oven and cook until the bones brown, 1 to 1 1/2 hours.
- ☐ Heat a large skillet and add 1 tablespoon of the oil. When it begins to smoke lightly, add the 2 skin-on onion halves, cut side down. We want them to turn black.
- ☐ Combine the remaining sliced onion, carrots and celery. When the flesh part of the onion halves turn black, remove them from the pan.
- ☐ Add the remaining 1 tablespoon of oil and stir in the vegetables. Season with salt and cook, stirring from time to time, until the vegetables soften, about 5 to 8 minutes.
- ☐ When the bones are roasted and browned, drain off any excess grease and add to a large pot. Cover with cold water, (warm water makes a cloudy stock) and bring to a boil over high heat. Lower the heat and use a ladle to skim any foam or impurities from the top.
- ☐ Add the vegetables, the cheesecloth containing the thyme, bay leaves and black peppercorns and the black onion halves (which will add flavor and enrich the color). Stir in a pinch of salt, then reduce the heat to a simmer and cook for 6 to 8 hours.
- ☐ Shut the off the heat and allow the stock to rest. Taste it! If it tastes watery or has an undeveloped flavor, cook it longer! I have made stock that has taken 12 to 16 hours to come to fruition.
- ☐ Strain the stock and return it to the pot. Gently simmer the stock over low to medium heat to reduce and intensify the flavors. Use a ladle to skim any impurities as the stock reduces. Cool and use immediately or freeze for later use.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:7.1956521505895%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 89.69kcal (4.48%), Fat: 5.01g (7.72%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.03g (2.25%), Cholesterol: 17.58mg (5.86%), Sodium: 38.43mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Vitamin A: 2595.85IU (51.92%), Vitamin B12: 0.63µg (10.58%), Zinc: 1.55mg (10.3%), Vitamin B3: 1.78mg (8.89%), Vitamin B6: 0.17mg (8.7%), Vitamin K: 8.45µg (8.05%), Selenium: 5.15µg (7.36%), Phosphorus: 72.63mg (7.26%), Manganese: 0.13mg (6.71%), Potassium: 219.68mg (6.28%), Vitamin E: 0.83mg (5.53%), Fiber: 1.18g (4.72%), Iron: 0.85mg (4.7%), Vitamin B2: 0.07mg (4.03%), Vitamin C: 3.24mg (3.93%), Folate: 13.23µg (3.31%), Magnesium: 12.77mg (3.19%), Vitamin B5: 0.29mg (2.89%), Copper: 0.05mg (2.48%), Vitamin B1: 0.04mg (2.47%), Calcium: 20.12mg (2.01%)